

# Trail Running Camp Tirol

Obernberg, Wipptal

Trip Details



**5 Days, 5 Nights**

**6000m+ ascent/approx 100km 2 Countries - Austria, Italy**

**Karrie: +49 1756553918**

Included: **All transfers, accommodation, food (breakfast, 4 course dinner and packed snack lunch) is included in your trip**

Not included: **All drinks, extra food, extra transport in case of sick, injury etc.**

- \* **All rooms are double for 2 people**
- \* **Travel Medical Insurance is a must**
- \* **Please bring running poles (lighter weight for running)..as the days go on I believe we will need them**
- \* **Electrolyte drinks and energy snacks for running - although you can pack a bagged some snacks from breakfast table**
- \* **Runs will take place between 9 and 3pm daily**
- \* **Workshops or classes will be anywhere between 3:30pm and 5:30pm and will last approx 45min.**
- \* **Morning Yoga will take place daily at 7am..being optional of course.**
- \* **The plan set here may be altered even more due to weather or other circumstance**

**Day 1 - 11:30 Meet up in Innsbruck Train Station right in front of 'Der Backer Ruetz' bakery cafe. Special Innsbruck surprise RUN! This is our welcome party for Runners! We will be here until 4:30pm. From Innsbruck we are transferred by Van taxi to Obernberg in Wipptal, which is approx 40min travel time. Our Basecamp for the week is Almi's Berghotel...a rustic, warm, feel at home place to settle after our Daily run stages. Burgi and Seppi, welcome you to there little paradise, and everything we could need for our week..we have here. There will be time to settle in, shower and relax a bit before our 7pm Dinner time, part 2 Welcome Party, and TEAM MEETING...(which may include Schnapps)... They are great catering to all food choices. Distance: TBA \_\_\_ ↑ \_\_\_ ↓**

**Day 2 - 7am - Early morn Mountain Yoga - 30-40min**

**Breakfast 7:45 or 8, Take off time 9am**

**This is a stunning loop that takes us onto the Italian Border. We start with a 4km + 300m run to the Obernberg Lake. From here to head up to the Portjoch, a run along a trail with Italy on the one side of us.**

**After an hour and a half or so on the ridge trail to Flachoch. We work on a little downhill techniques and then head back down for**

**Obernberg. A radler or a cappuccino and Strudel may be the perfect finish...no wait..it's one of Karrie's Post Run Shakes that will hit the spot. Running Workshop #1 Pre Dinner - The Mental Game**

**(Experiences from Rachel and Karrie)**

**18:30 Dinner.Distance: 22km 1100m ↑ 1100m ↓ Time: 5 hrs**

**Day 3 - 7am Yoga, Breakfast 8am**

**9am - take off - Transfer to Steinach in Tirol. Cable car to our take off point at the Berger Alm. From the Alm we climb 700m to the**

**Nosslachjoch at 2300m, to the Egger Berg Leitner Berg, past the Licht Lake...and then we wind our way back down to Obernberg..and practice our downhill manoeuvres. Great views on this fabulous day!**

**with another Lake stop! Chill and relax a little at Almi's in your own room, the Spa Room with a book, or hang out with the running Fam before we kick off the next section.**

**Workshop # 2 - Join Karrie for a Nutrition Talk ..then it's the kitchen**

with Karrie and Seppi for a surprise Treat!  
Distance: 18km 1073m↑ 1256m↓ 5 hours

### **Day 4 - 7am Yoga, Breakfast**

9am - Transfer to Mieders in Stubai Valley for cable car to Maria Waldrast Monastery. From the Ochsen Alm we climb to the Kesselspitze at 2722m..gorgeous spot. We descend past the Padasterjoch Hut and right down into TRINS. Here we are picked up and travel back to Almi's. Rest time..then of course Rockin Running Workshop 16.5 1400m↑ 1700m↓ 6 hours - if weather

and terrain are good for the higher route, metres of ascent will be over 1700m



### **Day 5 - 7am Mountain Yoga, 7:30am Breakfast**

8:30 Take off time - Transfer to Fulpmes in Stubai Valley.

From the cute little Stubai town where I have spent many a night, we go up 800m to Pfarrachalm to one of my fav stop by huts...Irmi has the best Kaiserschmarrn. After a tidbit und ein 'bisschen quatschen' we run on the Goat Trail to Schlicker Alm...Home to a long standing Mountain Running Race. Then we go up up up..to one of the Seven Summit Peaks of Stubai - Hoher Burgstall. On our way down, we pass the 1st Hut on the Stubai circuit...Starkenberger Hut. Oh no ..we might have to stop by the Kaserstattalm on the way down..because they have an apple cake and vanilla Sauce..that made strict Vegans

dive in! Oh yes...down to the valley to Nedar with tired legs and an ahhh feeling inside. A short bus trip back to Fulpmes, and transfer to Obernberg. At 7pm kicks off our Trail Camp Party starting with a fuel up dinner. Reminisce about the 5 days of trail under your feet Longer Option Distance: 26km 2100m ↑ 2060m ↑ 8 hrs.

ShorterOptionDistance 19km 1100m ↑ 1100m ↓ 5.5 hrs

## **Day 6 - 7am Yoga**

Optional shorter Run to the Obernberg Lake and back - 8-10km before or after Breakfast

Transfer to Innsbruck - 10:30am

Train to Munich

**‘Believe in the fire..that burns within your soul.’ Keep on Running....  
‘From Transalpine Run Song’**

**I can’t wait to experience this TRAIL SENSATION with you!**

## **Some German/Austrian Phrases for you**

*Spinnst Du? - Are you Crazy?*

*Schmeckt sehr gut! – Tastes very good*

*Ich mochte gern ein Schnapps bitte - I would like a Schnapps please So ist es! ( pronounced so ish das) - Just the way it is*

*BAG MAS! Let’s go!*

*Achtung - It’s pee time*

*Tirolean Indulgences YOU MUST dive into!*

*Knodel – Spinat is the best with brown butter and parmesan – there are many other kinds*

*Kaiserschmaren – chopped up waffle like pancakes creations with berries and more Topfen or Mohn or Apfel Strudel and vanilla sauce*

*Graukase – Grey cheese with salt and vinegar and oil Bratwurst – if you are meat eater*

*Spatzle – noodles like things covered in cheese and onions*

**5 Days/5 Nights**

**980 Euros**

**5 Minimum/ 15 max**